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THURSDAY, APRIL 10, 2014

## Community

Chamber recognizes dedication  
Page 2

## Cat Adoption

Centre marks two-year anniversary  
Page 2

## Education

Century of teaching celebrated  
Page 3

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# INPORTNEWS

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INVESTIGATION: Office of the Fire Marshal on scene for 'transparency,' chief says

## Fire at firefighters' home probed

MARYANNE FIRTH  
InPort News Staff

The husband and wife who live at the home destroyed in last Wednesday's blaze in Wainfleet are both volunteer firefighters. Wainfleet Fire and Emergency Services, the organization for the couple volunteers for, was called out

to the home at 12644 Concession 1 Rd. at 4 p.m.

One of the homeowners had returned from work to find smoke billowing from the one-storey, cottage-style house.

As firefighters arrived on scene, flames could be seen coming through the roof.

See FIRE on Page 2



MARYANNE FIRTH / STAFF PHOTO

The Office of the Fire Marshal is investigating the blaze that broke out Wednesday at 12644 Concession 1 Rd. in Wainfleet. Two volunteer firefighters, a husband and wife, live in the home.

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# LOCAL NEWS

■ **EDUCATION:** Four generations of the Green family have attended same Wainfleet school

## William E. Brown celebrates a century of teaching

MELISSA MANGELSEN  
PahamNews Staff

Margaret Green walked through the doors of the small one-room school in 1926, starting what would become a four-generation family affair.

Each generation of Greens returned to William E. Brown Public School Tuesday to recognize the 100-year history of the Wainfleet institution. Margaret was a student at William E. Brown for eight years. Her fondest memory is the friendships she developed there.

"S.S. No. 4 was very special to us. It was the only school we knew. We all shared one room, all grades, and had the same teacher for three or four years. It was because of that atmosphere, we really got to know everyone," she said.

She was invited with other former students to participate in the school's Memories Day Tuesday.

The school opened its doors in 1914 to 54 students in Grades 1 to 8. The school will mark its 100th anniversary with a May celebration.

Records indicate that a school, in School Section No. 4 Wainfleet, in Marshville, existed as far back as 1890. The school at Marshville was replaced by the current building in 1914. It was known as S.S. No. 4 until it was renamed after William E. Brown, who



The four oldest remaining students of William E. Brown Public School get together for its Memories Day. From left, Jasmine Kitchen, Mildred Elliott, Margaret Green and Ken Dayboil.

MELISSA MANGELSEN/STAFF PHOTO

served as the secretary-treasurer for S.S. No. 4 from 1945 to 1965.

In the years that followed, the school underwent several

additions and renovations, but the original building still serves as the main structure and is used as a classroom.

Margaret's son, Don Green,

was the second generation to attend the school, from 1951 to 1959.

"It was a school situated in a nice location. There were no

buses back then so students walked as far as two miles to get to school every day," Don said.

His daughter, Brenda Roszell was a student in the

1960s. Now, her two sons, Hunter and Matthew Roszell, attend the school.

"I remember all the friends I made here. It was a rural school and the students and teachers worked together because they wanted the school to succeed," she said. "Everyone got along really well, and there wasn't the turmoil that can occur in bigger schools."

Matthew said the best part of being a fourth-generation William E. Brown student is being able to experience teachers who put in so much effort to help students.

"The teachers are so nice. They do extracurricular and work really hard to help us succeed," Hunter said.

The school also welcomed the four oldest remaining former students, Jasmine Kitchen, Mildred Elliott, Margaret Green and Ken Dayboil.

William E. Brown now has 187 students who are bused in or walk or driven to school each day.

The school will hold a century concert, Thursday, May 1, at 1:30 p.m. On Friday, May 2, from 5 p.m. to 8 p.m. there will be a fun fair and on Saturday, May 3, from 2 p.m. to 5 p.m. the school will hold an open house.

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# IMPORT NEWS

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## ■ readers' views

### INCREASE HURTS EVERYONE THERE WON'T BE AN OPOLY

In her March 28 letter, Doreen Pever calls for a apology from John Snobelen for his "snide and derogatory" comments about Olivia Chou. This is not going to happen. When the far-right Conservatives have no facts or genuine criticisms to put forward, they resort to insults and name-calling. Mr. Snobelen hasn't changed much in the past couple of decades. When Mike Harris appointed him as Education Minister in 1995, his unnecessarily confrontational manner resulted in strains on the education system that didn't heal for years. While drawing a salary as an MPP in 2002, he spent much of his time on his private ranch in Oklahoma until criticism in his home province convinced him to return. He now has the nerve to say that Olivia Chou is on a "gravy train"?

DAVID FOWLER  
WAINFLEET

### ELECTION HEWED

If Andrea Horwath doesn't force an election over the mind-boggling gas plant scandal, we will then have proof-positive that she is indeed a political opportunist with absolutely no regard for the Ontario taxpayers

HANK BANGILD  
PORT COLBORNE

### CHILD'S LIFE SAVED

On Dec. 18, we called 911 when our five-year-old grandson, Julian, stopped breathing. I would like to thank the Port Colborne Fire Department, ambulance attendants and the Ornge Paramedics for their quick response. Thank God Welland hospital was so near. Julian was put on a respirator and stabilized enough for transport to McMaster Children's Hospital. On behalf of Julian and his entire family I would also like to thank the attending nurses and doctors at the Welland Hospital who attended to him and the staff at McMaster for saving him and being so compassionate. A special thank you to Leah for staying to care for Julian even though her shift was over.

JEAN AND BOB ZUPAN AND FAMILY  
PORT COLBORNE

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# Switching to the OPP isn't a budget silver bullet

Oh, the signs are all there. They are unmistakable. Unavoidable. An election is coming. Even if you didn't know the dates of upcoming elections you can tell, when politicians start going on about saving us, the poor taxpayer, money, we're soon headed to the voting booth.

But really, when is the last time you paid significantly less tax on just about anything?

The most recent version of the "we'll save you money" merry-go-round happened this week when some regional councillors suggested replacing Niagara Regional Police with Ontario Provincial Police because they think it will be cheaper.

The junior councillor from St. Catharines, Andrew Petrowski, is the latest, and certainly not the last, to raise this issue. To pay for the NRP it costs about \$700 per household, he says, where the OPP would cost \$360.

Sounds good, right? And it's true... well, truth is, it has a faint odor of truth.

The fact is we really don't know how much it would cost because there is no hard data. But it won't be that cheap.

The OPP does have an economy of scale a local service cannot match. Instead of operating only a stand-alone specialty unit like a canine squad, the OPP has a provincial unit to draw upon. So undoubtedly

ably there is some savings there, as well in reducing the number of highly paid senior officers.

A report back in 2006 on a potential switch said the OPP would likely cheap a couple of hundred NRP civilian employees but would keep most of the officers. OPP officers just got an 8.5% pay raise, making them the best paid in Ontario. So while it's true a legion of NRP officers were on this year's Sunshine List, we wouldn't save an officer salaries by switching to the OPP.

And there are basic facts of policing that play into the cost of running the NRP. Aside from regular, front line policing, the NRP patrols our waterways, including the border with the United States. It also has the casino unit.

There is also the unavoidable fact Niagara, as a border region, is a transit hub for illegal weapons and other drugs. There have been several high-profile busts of major international drug trafficking rings with tendrils in Niagara in the last few years. These sorts of investigations cost millions of dollars. As criminals get more sophisticated, the expense to catch them becomes more expensive.

The OPP cannot avoid these realities anymore than the NRP can.

All of this says nothing about the massive transition costs. The 2006 report estimated it would cost \$28.7 million just to dismantle

the NRP. The costs of severances, pensions, sick time payouts, new uniforms and switching firearms (the OPP and NRP use different guns) will run into the millions of dollars.

Then there is the loss of local government. Whether you think the NRP services board is a good job or not, they are still our representatives, accountable to the regional government and Niagara citizens. If the OPP took over, that local control is gone forever. The Region just gets a bill from the OPP.

And while the NRP has its share of bad apples like any police service — and any other an officer commits a crime it is unacceptable in the extreme — its officers have also helped break the Hells Angels, major cocaine smuggling operations and other serious criminal enterprises.

Our police service needs to be kept under a microscope, but we cannot just blithely forget the good they've done.

Clearly, our leaders need to do a vastly better job at controlling costs. In 2006, the annual NRP budget was around \$102 million. In the current year, it's \$118 million. Niagara citizens simply cannot afford these sorts of rapidly rising prices any longer.

At the same time, we cannot fool ourselves into believing the OPP is a silver bullet. Our budget cuts and the possibility of switching isn't anywhere near as simple as it was presented at regional council.

# Sheep, shepherds and donkeys

PASTOR GARY TONBUCK

Wainfleet Congregational Christian Church

Jesus calls himself the good shepherd and if you belong to him as his own personal Lord and Savior. He calls you one of His sheep. To more deeply understand the role of the Shepherd, one has to know something about the customs, culture and care they exercised over their flocks.

One function was that they would graze then gather their sheep into a sheep fold. This was an enclosure which was open to the wind. Its walls were made of stone or brick. It was a safe-guard against thieves and predators. It kept our wolves, wild dogs, and cougars etc. A further measure of protection for the sheep was the gate or the door. Thieves would have no right of access; they would have to find another way to gain entrance. The Lord said in John 10:1 "The who does not enter the sheepfold by the gate but climbs up some other way is a thief and a robber."

This lack of caring dovetails with the false shepherd mentioned in Ezekiel 34 of which God promised a severe judgement saying to them "whoa to the Shepherds of Israel who only care for themselves, you have not strengthened the weak or healed the sick or bound up the injured. You have not sought back the strays or searched for the lost and they became food for all the wild

animals." We must know our Shepherds voice to combat these false teachers and their teachings.

God in the Old Testament, Jesus in the New Testament and Shepherds which are what Pastors are called will do all of these things. Faithful Shepherds would guide the flocks which would move in and out through the entrance to find fresh fields for grazing by day as well as protection and security by night. Jesus is called "The Door" and He wants people to invite Him into their hearts and find comfort and eternal security in Him. He feeds the sheep as they "lie down in green pastures and are lead beside still waters." (Psalm 23:2)

As Shepherds the primary function of Pastors is to feed the sheep which is preaching the word which in turn not only gives life but also nourishment enabling his flock to mature in the faith. The Lord not only goes with you throughout the day. He also goes ahead of you as well.

In the Middle East, a Shepherd would carry only a rod and a staff. He would spend hours throwing it with amazing speed and accuracy. He could kill predators with it. We read of David who fought off the bear and the lion with the rod or the club. Now we come to the staff which was a long slender stick with a crook or a hook on one end. The Shepherd would sometimes use his staff to gently lift a new born lamb to bring

it back to its mother if it became separated. The staff would also be used with gentle pressure against the animals side to keep the sheep on the path.

Phillip Keller a former sheep rancher speaks of going out on his blizzards and bundling up two or three cold lambs wrapped in his wool jacket held against his chest. Multiply that by infinity, the Lord Jesus guides, protects, carries and feeds His sheep. He gave His life for them and carries them close to His heart.

Let Jesus make His Triumphant Entry into your heart which we celebrate this Lords Day which is called Palm Sunday. A day in which Jesus entered the city of Jerusalem on a donkey, its colt following (Matthew 21:7). He presented Himself as the Messiah on the exact same day when lambs were being sacrificed. And this was on Passover day. Jesus is also the lamb (shepherd), who takes away the sin of the world. (John 1:29).

This call for praise as was done in the past (accompanied by branches of palm trees) (John 12:13) This calls for praise in the future when multitudes will praise God with palm branches in their hands.

(Rev. 7:9) and this now should result in praise to God in the present as such believer cries out (Hosanna! Blessed is He who comes in the name of the Lord, blessed is the King of Israel.) (Matthew 21:9)

## ■ CONSERVATION AUTHORITY

## NPCA land deal not good one for taxpayers: MPP

**BOB HOULE**  
QMI Agency Niagara

Cindy Forster doesn't like it.

The Welland tiding MPP says she dealt the Niagara Peninsula Conservation Authority made in March to purchase 15 acres of the former Easter Seals camp in Welland isn't money wise.

"I don't believe that the deal was a good one for taxpayers," the New Democrat said. "And at the end of the day, you end up with 27% of a parcel of land for probably 80% of the original purchase price."

The NPCA announced recently it had purchased a 15-acre chunk of the 54-acre plot of land along the Lake Erie shoreline from Lakewood Beach Properties Ltd. for \$1,575 million plus a development fee waiver from the Township of Welland. At the request of the NPCA, township council waived a requirement that would have been Lakewood Beach Properties give up 5% of the remaining 39 acres to Welland for parkland dedication, or cash in lieu. NPCA CAO Tony D'Amario said the cash in lieu was pegged at approximately \$500,000.

The developer outbid the NPCA for the 54-acre property in 2006 and bought the land from the Ontario Society for Crippled Children for \$3.125 million. The NPCA had offered \$2.5 million.

The Ontario Municipal Association Corp. put a 2014 value of \$52.29 million on the 54 acres, D'Amario said

the NPCA paid below market value for the 15 acres. The NPCA had a peer review of the developer's appraisal of the land that put a value of \$2.75 million to \$2.95 million.

Welland Mayor April Jeffs, who is vice-chair of the NPCA board, said the loss of the land to a developer when it was sold in 2006 was an issue she heard time and again while on the 2000 campaign trail. She said the price the NPCA paid is fair.

"Here we are (eight) years later... there's inflation, and (the developer has) put different things into the property, but different (planning) approvals," Jeffs said. "It's one of those things, if you compare it to the regional purchase, I think we did really well with it. And any feedback that I'm getting from the constituents here in Welland, and even beyond, has been positive feedback."

The regional purchase Jeffs is referring to is the Niagara Region purchase in 2006 of the NPCA's new plot. In the release announcing the purchase, D'Amario references the Region's purchase of the waterfront property. The release notes the Region purchased that 3.34-acre property in 2010 for \$1.35 million. The Region beach is 425 feet wide with an average depth of 118 feet. The NPCA beach is wider at 519 feet, but documents show the average depth of Lakewood Beach is only 66 feet. Measured in square footage, the Region beach is 50,150 square feet while the NPCA beach is 34,254 square feet.

Prior to the sale to the NPCA, the

developer's plans were to build 41 condominiums on 39 acres. Development on the remnant 15 acres is limited as the beach and sand dunes leading to it are habitat for the endangered Fowler's toad.

"There's constraints on the land, there's a Fowler's toad area, and we have to recognize that," D'Amario said. "So the plan would be that the site will need some kind of a master plan. There's no question there is going to be a Fowler's toad habitat preservation area. We may take the opportunity to do some kind of interpretation for people to see, to understand (the toads). Access to the water is another issue that will probably come up."

The entire Lakewood Beach is protected Fowler's toad habitat, meaning no development can take place on it. According to the Ministry of Natural Resources, even beach maintenance of Fowler's toad habitat is restricted.

"Beach maintenance activities such as grading, grooming, clearing of algae and mechanical removal of sand (except when performed in a manner or time of year that maintains habitat functionality for Fowler's toad) is not acceptable, the MNRS says on its website. "Recreational use of beach areas that does not result in compaction of the sand" is acceptable.

"My anticipation is there will be some kind of public access to the beach. We would have to be mindful of the Fowler's toad and how to get there," D'Amario said, suggesting a boardwalk over the dunes to the beach may be required.

Forster sees the purchase of the land as a bigger benefit to the developer than taxpayers.

"At the end of the day, the taxpayers of Niagara and the taxpayers of Welland

fleet actually paid for a piece of land that's undevelopable so that a developer could put up half a million dollar condominiums," Forster said.

In February 2012, Niagara Region councillors, in a tie vote broken by chairman Gary Burroughs, voted against directing staff to enter negotiations to purchase 26 acres of the Welland property from Lakewood Beach Properties. Jeffs and her colleagues wanted \$7.5 million. Councillors Brian Mayes, David Barrick, Jeffs and West Lincoln Mayor Doug Joyner all voted to direct staff to enter negotiations. All, with the exception of Barrick, who is now an NPCA senior manager, are NPCA board members. Coun. Brian Bary, also a board member, voted against the motion.

"It wasn't a good deal for the Region to get

26 acres, then how could this (buying 15 acres) be a good deal," Forster said.

Welland regional Coun. George Marshall, like Forster, does not approve of the deal between the NPCA and Lakewood Beach Properties.

"This is a subject we've already dealt with," Marshall said. "I think it was in 2012, when we decided not to use regional money to purchase 26 acres. Whether it was a close vote or not is essentially irrelevant — council decided not to do it. Then you've got the NPCA using regional dollars to acquire that land. It's not good form."

"It's not something I'm happy about. I don't think it was a good deal then, I don't think it's a good deal now. I don't think it's good use of taxpayer dollars."

## Perhaps You Should Be Eating More Fish...

As a matter of fact, very few of us eat enough fish. The health benefits of eating fish, particularly oily fish, rich in omega-3 essential fatty acids (EFAs), is very compelling.

Fish oil has been proven to reduce the risk of heart disease, cancer, Alzheimer's and dementia. It also helps to relieve depression and arthritis, assist in fat metabolism and promote younger looking skin. Japanese people, the world's largest fish consuming nation, know all about the healthful benefits of fish oil. Japanese people experience the lowest rate of heart attacks in the world and they have extremely low levels of obesity and diabetes.

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■ SEAWAY: First downbound ship sails through Port

# Ahoy to shipping season!

**ALLAN BENNER**  
InPort News Staff

Despite the inopportune timing of their arrival, the captain and crew of the CSL *Laurentien* received a warm welcome as they arrived in Port Colborne.

Mayor Vance Badawey said the ship, escorted by Canadian Coast Guard vessel *Samuel Risley*, arrived at Lock 8 at about 1 a.m. last Friday, making it the first downbound ship to pass through the canal this year.

Badawey, his executive assistant Nancy Giles and representatives from the St. Lawrence Seaway, were there to greet the ship's Capt. Jim Perkus and his crew, presenting him with a traditional top hat in recognition of being the first ship to enter the canal from Lake Erie.

It's not the first time Badawey has been called out in the middle of the night to welcome the first ship of the year. "About 10 or 12 years ago, I remember doing one at about 3 a.m.," he said. "It is what it is. It's not the first time, and I'm sure it won't be the last."

And this year the ship's arrival in the middle of the night wasn't unexpected, considering the slow and icy start to the shipping season this spring.

"This year in particular with the ice out on the lake and the long delays with ships moving around we expected it," Badawey said.

A Top Hat Ceremony was held in St. Catharines last Friday as the *Algonquin* became the first upbound ship to pass through the canal this season.

Port Colborne had planned its own ceremony to coincide, but cancelled the event because no downbound ships were expected to arrive.

"A lot of times, especially this year

with the ice, the first downbound ship doesn't always come in when the canal opens," he said.

Badawey said the *Laurentien* made pretty good time navigating through the icy water from Nanticoke loaded with iron ore.

Badawey said the ship's captain told him the ice "was pretty thick, and it was slow going," but didn't pose much difficulty during the voyage.

Despite the icy water, Seaway spokesman Andrew Bogora said the March 28 opening "falls well within the bounds of past practice."

And due to "favourable economic conditions," Bogora said the Seaway is optimistic it will reach its goal of shipping 40-million tonnes of cargo this year, up from 37 million tonnes in 2013.

Badawey said the increasing amount of material being shipped is a telltale of things picking up, especially since the *Laurentien* is carrying iron ore.

"When you see that much iron ore going through the system you'd expect that the steel industry is picking up," he said.

Meanwhile, he said the "Impact on the local economy is extravagant" adding it has an impact throughout the community.

allan.benner@sunmedia.ca  
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■ **RACING:** Lifelong Merrittville fan remembers climbing trees to take in free night of racing

# A race down memory lane

**BERND FRANKE**  
InPort News Staff

It's been about six decades since Valentino Baracetti's need for Saturday night speed literally took him to great heights. Nowadays the life-long car racing fan is content to sit com-

fortably in the stands at Merrittville Speedway, not straddling precariously on a branch in an oak tree across the road from the Thorold track.

Baracetti, known as Poncho to his friends, has long been able to afford a ticket for a night

at the races, and those big oak trees are long gone.

"The trees? They're no longer there. They were cut down years ago," Baracetti said, laughing at the memory of climbing those trees for two summers during the mid-1950s.

"Back then, I didn't have any money. I was just a kid."

Baracetti's memories of watching races from oak trees that once towered over the track was rekindled at a display Merrittville Speedway is holding at Seaway Mall to promote its 53rd season. Continuing until Saturday, the display features nine race cars, a go kart and the track's pace truck.

Baracetti, who emigrated to Welland from his native Italy, said he would hitchhike to the races, usually with two friends, Pete and Romeo.

"It's been so long ago I don't remember their last names," Baracetti, now 79, said.

They would stay perched in the tree all through the races before hitching a ride back to Welland.

"I only did that for a couple years. After that I had money."

Baracetti's been a race fan ever since, with his passion for motorsports briefly — ever so briefly — taking him from a seat in the stands into the driver's seat of a Triumph motorcycle competing at the old Gasport track east of Port Colborne.

"It was a quarter-mile track and I didn't even make it half way. I damned near got killed," the spectator said of his first — and only — foray into the non-spectator side of the sport.

"I tried it once, but that was enough."

Aaron Wiley's No. 7W mini stock car was among the racers parked in the mall's centre court, and Wiley gave Baracetti a guided tour of the display Monday afternoon.

Baracetti, who has known Wiley since he was three, calls the now 42-year-old racer from Wellandport his favourite hotshoe in mini stocks. Pete Bicknell, Merrittville's co-owner and a perennial points champion at the track, is his "hero" in the Modified 358 class.

No. 7W is one of three mini stocks Wiley's family plans to run this season at the Thorold track. While it's Wiley's number, it will actually be 14-year-old Kurtis Wiley's ride for the second straight year.

He graduated to the 4-cylinder class after five years racing go karts at Merrittville, and will be competing in mini stocks with mother Jocelyn Wiley, No. 77, and later in the season with his father.

"I don't know what my number will be, but it definitely will have a seven in it" the 42-year-old racer from Wellandport promised.

bernd.franke@sunmedia.ca

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# LOCAL NEWS

PHOTO PROVIDED

**MELISSA MANGELSEN**  
InPort News Staff

\*It was really moving to see people coming up to the church and my home with bags and boxes of sweaters to help people on the other side of the world.

CLWR's We Care program sends about five humanitarian relief shipments a year to refugee camps and communities affected by poverty. The quilts, school supplies, clothing, medical supplies and other essential items included in the shipments are all donated by Canadians.

melissa.mangelsen@sunmedia.ca  
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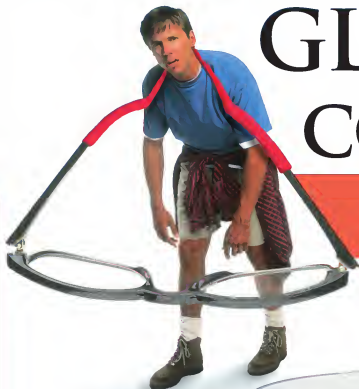
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# IMPORT DATEBOOK

## APRIL 11

### TRIVIA NIGHT

to raise funds for the Wainfleet canotaph project. The event will be at the Hwy. 20 legion hall in. Forthill.

Teams of eight per table; cost is \$20 a person. Doors open at 6:30 p.m., game begins at 7:30 p.m. To register, call 905-714-9308 or 905-386-6978.

## APRIL 12

### PAINTING WITH MARGARET

at Port Colborne Public Library, 3 p.m. to 4 p.m. Paint a wooden Easter bunny. For ages six to 12. Cost is \$4. Pre-register at the library.

## APRIL 14

### PORT COLBORNE HISTORICAL

Society meets at 7 p.m. at Port Village Retirement Home. The program will feature the work of the Port Colborne Ladies Quilting & Stitchery Guild. All welcome. For more information call 905-834-4143.

## APRIL 16

### WII BOWLING FOR SENIORS

at Port Colborne Public Library, 1:30 p.m. to 3:30 p.m. Free.

## APRIL 17

### RAINBOW LOOM

at Wainfleet Township Public Library at 6:30 p.m. Bring your looms and we will provide the bands. Let's make some rainbow loom bunnies for Easter. This is an intermediate-level loom project and you must call 905-899-1277 to register by April 11.

## APRIL 24

### CLASSIC BOOK CLUB

at Wainfleet Township Public Library, 2 p.m. to 3 p.m. Join us for afternoon

tea. This month's selection is Ivanhoe, by Sir William Scott. Call 905-899-1277 to register as a book club member.

### FIRST AID/CPR/AED

training, and on April 25, at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 4:15 p.m. Call 905-788-3751 or e-mail reception@employment-solutions.org to reserve a spot.

## APRIL 28

### EVENING BOOK CLUB

at Wainfleet Township Public Library, 6:30 p.m. This month's selection is For One More Day, by Mitch Albom. Call 905-899-1277 to register as a book club member.

## MAY 2

### DESSERT FASHION SHOW

The First Presbyterian Church Women in Port Colborne are hosting a dessert fashion show by ALIA n TanJan from the Lundy's Lane Outlet Mall in Niagara Falls at 7 p.m. Admission \$7. Refreshments and door prizes. Call 905-834-7977 for tickets.

More on page 14

## In The NEWS



### SOBEYS 2013 BIG BIKE TEAM

Join your Port Colborne Sobeys for a fundraising BBQ this Saturday, April 12 from noon to 4pm. Sobeys is raising funds for their team on the Big Bike Ride taking place May 15<sup>th</sup>. Net proceeds from the 20<sup>th</sup> annual Big Bike Ride go to the Heart and Stroke Foundation.

Store manager Rod Serle and his staff invite you to enjoy delicious hamburgs and hot dogs hot off the grill while supporting Team Sobeys.



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## MAY 8, 9, 10, 11

### GREASE: THE MUSICAL

is presented by Lakeshore Catholic High School May 8, 9, 10 at 7 p.m. and May 11 at 2 p.m. in the auditorium, 150 Janet St., Port Colborne. General admission \$15; seniors/students \$10. Call 905-835-2451 for tickets or information.

## MAY 10

### CENOTAPH WALKATHON

hosted by Wainfleet Lions Club starts 9:30 a.m. at the Wainfleet Firefighters Memorial Hall. Pledge sheets are available at the township office, library, Wainfleet Avondale Donut Diner, Jackson's Auto Body and Wellandport Home Hardware & Farm Supply Store. For more information, contact the Lions Clubs Martin VanGool at 905-835-8423 or George DeRuyte at 289-820-6163.

## ONGOING

### PATHSTONE MENTAL HEALTH

is seeking mentors and tutors for children and youth dealing with mental health issues. Also seeking bilingual (French/English) speaking volunteers to assist in our supervised visitation program. Contact Linda at volunteer@pathstone.ca or 905-688-6850 ext 148. March training sessions are being offered.

### KIDS' YOGA WITH NADIA

at Port Colborne Public Library, 3:30-4:30 p.m. Thursdays. For ages six to 12 until June 5. Cost \$5 drop-in. Call 905-329-9841 or e-mail nadiaesposito@hotmail.com.

### E-READERS

and Chromebooks are now available for loan at Port Colborne Public Library. Drop by the library for more information.

### MAKERS' MARKET

vendors wanted. The Guild Hall Makers' Market, 72 Charlotte St., Port Colborne runs Fridays 8 a.m. to 12:30 p.m. starting April 25. To inquire call Mary at 905-835-0394 or the church office at 905-834-3184.

### ECUMENICAL LENTEN

services are being held at St. James & St. Brendan Church, 55 Charlotte St., Port Colborne, featuring a guest speaker and music. The noon services are every Thursday from March 20 to April 17, followed by a soup and bread lunch. Price of lunch is \$5.

## A CAPPELLA NIAGARA

Men's Chorus invites singers for fun, fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 345 Lincoln St., on Tuesday nights at 7:30. For information call Kerry at 289-820-6584 or Bob at 905-892-2336.

### BEREAVEMENT SUPPORT

Anyone who is grieving the loss of a loved one, meetings are every second and fourth Thursday of the month at St. Kevin's church (Hospitality Room) from 7 p.m. to 9 p.m., 303 Niagara St. Call 905-732-3969 for further information.

### SPAN

(Single Person Association of Niagara) is a social club since 1982 for mature singles who meet and mingle at Iggy's Pub, 115 Hwy. 20, Fortnally, every Tuesday 6 p.m. to 8 p.m. Members get a monthly calendar of social activities. For further information call Lynne at 905-788-0359.

### ALZHEIMER SOCIETY

of Niagara Region support groups for care partners meet the first Tuesday of the month, 1:30 p.m. to 3 p.m. at Welland Community Wellness Complex, and second Wednesday of the month, same time, at Foyer Richelieu. For information, call 905-687-3914.

### CRAFTY CORNER

runs at Wainfleet Township Public Library 6:30 p.m. to 8 p.m. the first and last Thursday of the month. Have you always wanted to finish your baby books, do some scrapbooking or just try out a craft that you have never found time for? Take some time for yourself, come out to the library and join the crafting project you are working on, make new friends and share your ideas.

### THE ART OF JAKE PECKSTOK

is at Haldimand County Museum and Archives, 8 Echo St. W., Cayuga, until April 28.

### KNITTING CLASSES

at Port Colborne Public Library, Tuesdays 7 p.m. to 9 p.m. or Thursdays 1 p.m. to 3 p.m. to March 20 with instructor Vicki Fretz. Call 905-835-5373.

### NIAGARA BONSAI SOCIETY

meets on the third Sunday of each month, 1:30 p.m. at St. Mark's Church, 41 Byron St. (across from Simco Park), Niagara-on-the-Lake. All are welcome. For further information contact niagarabonsai@gmail.com.

More listings at wellandtribune.ca

## IN BRIEF

## Dinner with firefighters up for bids

Port Colborne Optimists are banking on five-alarm fun to draw crowds to the fourth annual Girls Night Out event. The fundraiser, set for Thursday, April 10, at 7 p.m. at Brebeuf Hall, 300 Kitley St. E., will include nearly 20 vendors, live entertainment

by Randy Thomas, psychic readings for a small fee, wine tasting by Joseph's Winery and hors d'oeuvres served up by Port Colborne's volunteer firefighters.

Shawn Pollard, who won the title of Miss Pole Dance Canada, and Zumba enthusiast Becky Seibert will perform demonstrations in their respective fields.

Firefighters will also play

a vital role in the night's live auction, which will see the highest bidder, and three friends, treated to a private dinner at the Fares St. fire hall. Proceeds from the event support the Optimists' efforts to assist youths in the lakeside city.

Tickets are \$25 each, or \$225 for a table of 10, and can be purchased by calling 905-834-7988.

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## Police seize drugs, pellet gun

Niagara Regional Police have charged a 35-year-old man for drug trafficking after searching a Port

Colborne home. Police say they began investigating the sale of cocaine and prescription medications on the east side of the city earlier this year. After searching a home on Mitchell St., police seized cocaine with a street value estimated at more than \$4,300, as well as 110

various prescription pills worth more than \$3,200.

Police also seized the pellet handgun and about 30 grams of marijuana.

"The pellet gun was seized as evidentiary value," NRP spokesman Const. Derek Watson said.

"Although legal to possess, the

similarities to a real firearm are concerning."

Scott Emburg, 35, of Port Colborne was charged with four counts of possession of a controlled substance for the purpose of trafficking.

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## Ask Our Pharmacists

### PHARMACISTS NOW ABLE TO EFFECTIVELY IMPROVE YOUR

### HEALTH THROUGH EXPANDED SCOPE OF PRACTICE

As a result of new regulations governing the practice of pharmacy in Ontario, pharmacists are now able to be more deeply involved in your medications and management of your medical conditions. This new regulations came into effect last October allowing pharmacists to make use of their unique knowledge. This is great news for both pharmacists and you, their patients. It will allow pharmacists to be an even more integral part of your medication management and it will provide you with greater convenience as pharmacists are easily accessible in the community.

There are five main areas that these changes will affect:

1. PHARMACISTS CAN PRESCRIBE SEVERAL EFFECTIVE MEDICATIONS TO HELP YOU QUIT SMOKING. PATIENTS WHO MAY WANT TO TRY THIS METHOD OF QUITTING CAN NOW BE ASSESSED BY THEIR PHARMACIST - WHO WILL USE THEIR PROFESSIONAL JUDGEMENT TO DECIDE IF IT IS RIGHT FOR YOU. THIS MEANS THAT YOU WILL NOT HAVE TO WAIT TO SEE YOUR DOCTOR IN ORDER TO GET ON THE PATH TO BECOMING SMOKE-FREE AND THE PHARMACIST CAN BE INVOLVED THROUGHOUT THIS SOMETIMES DIFFICULT PROCESS.
2. PHARMACISTS MAY BE ABLE TO RENEW YOUR PRESCRIPTIONS WITHOUT YOU HAVING TO SEE YOUR DOCTOR FIRST. YOUR CONDITION AND YOUR MEDICATIONS MUST BE STABLE. FOR EXAMPLE, THIS MAY APPLY TO PATIENTS WHO HAVE WELL-MANAGED CHRONIC CONDITIONS LIKE DIABETES OR HIGH BLOOD PRESSURE. (THIS NEW REGULATION DOES NOT APPLY TO NARCOTICS AND SIMILAR SUBSTANCES AND DOES NOT ELIMINATE THE NEED TO SEE YOUR DOCTOR FOR PROPER FOLLOWUP AND MONITORING).
3. PHARMACISTS MAY ALSO MAKE CERTAIN CHANGES/ADAPTATIONS TO YOUR DOCTOR'S PRESCRIPTION IF NECESSARY BASED ON PROFESSIONAL JUDGEMENT. FOR EXAMPLE, THEY MAY CHANGE THE DOSAGE FORM (TABLETS/CAPSULES/LOZES) OR THEY COULD ALTER THE DOSING REGIMEN AND POSSIBLY EVEN THE DOSE TO SUIT YOU BETTER. AS ALWAYS, ANY CHANGES WOULD BE DONE WITH YOUR CONSENT AND THE PHARMACIST WOULD SHARE THEM WITH YOUR DOCTOR.
4. PHARMACISTS CAN NOW BE OF EVEN GREATER ASSISTANCE IN HELPING TO DEMONSTRATE HOW TO USE YOUR DEVICES. IF YOU ARE A PATIENT WHO USES AN INHALER OR HAS SELF-ADMINISTERED INJECTIONS, YOUR PHARMACIST CAN NOW USE THE REAL DEVICE TO SHOW YOU HOW TO USE IT, RATHER THAN USING A MODEL ONE. PHARMACISTS WHO ARE ABLE TO ADMINISTER INJECTIONS IN ORDER TO TEACH YOU HOW TO USE THEM HAVE COMPLETED A TRAINING PROGRAM.
5. SPECIALLY TRAINED PHARMACISTS CAN ADMINISTER THE FLU VACCINE TO PATIENTS FIVE YEARS AND OLDER. THIS WILL PROVIDE PATIENTS WITH MORE LOCATIONS AND GREATER EASE OF ACCESS TO THE VACCINE.

As usual, your pharmacist will make these decisions based on your specific situation, as it is very important to give them as much information about yourself as you can. They need to know about all of the medicines you are taking, including anything over-the-counter or any vitamins/supplements that you use. Also it is important to talk to your pharmacist about your lifestyle (eg. the foods you eat and the exercise you do) so they can get the full picture in order to make the best decisions for you.

Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medicines and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medications.

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Host of Transforming Health, one of the top Internet radio shows, and bestselling author Brad King explains how an ancient earth mineral complex has helped thousands of people eliminate painful inflamed joints, avoid pills and flu and increase their energy levels without having to resort to harmful drugs or stimulants.

A few years ago King, an award-winning bestselling author and nutritional researcher found himself in a peculiar situation. "I was hired as the keynote presenter at a health conference and was just about to go on stage when I experienced one of the worst bursts I've ever

had ever experienced." But it's an often silent inflammatory condition that inflates the tiny fluid sacs responsible for reducing friction between joints.

"I had lived with shoulder pain for so long, it was more normal for me to be in pain than out of it, but no matter what I tried, the pain would always come back."

"It was embarrassing to me, because here I was about to take the stage as a leading health expert, when I couldn't even lift my arm because of the pain I was in," said King. "As a nutritional researcher, I had tried almost everything out there, from fish oils to vegetable membranes and even combinations of ingredients that most others have never heard of before, but nothing seemed to get rid of my shoulder pain."

#### FDA Issues New Warnings for Painkillers

That's the heading that appeared on the popular WebMD website a few years back. The FDA had just finished implementing new rules demanding tougher label warnings regarding the numerous side effects associated with an increasingly popular class of painkillers commonly called, NSAIDs. Side-effects, from liver damage to stomach bleeding occur all the time in people taking these common drugs. In fact, Dr. Matthew Henkens, deputy director of the FDA's Division of Nonprescription Regulation Development at the time, said, "The single largest adverse effect of the U.S. population because over-the-counter pain relievers and have reduced are some of the most commonly used drugs."

King was well aware of the dangers of pharmaceutical drugs in the NSAID category,

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which is why he would only take when the pain was unbearable and only for a day or two max. "Millions of people around the world go through these things like candy, never making how damaging they can be," said King. So you can imagine King's elation when a colleague of his handed him a bottle of LeafSource and said, "If this doesn't help you, nothing will." Not only did King's pain all but disappear within a few days, he also noticed a lot more energy from using LeafSource. "I was always in pretty good shape and had a good deal of energy, or at least I thought I did," said King. "You don't realize how much better things can be until you discover the extra edge. Today I can pain-free and in the best shape of my life and I owe a lot of that to my newfound ability to perform exercises I hadn't been able to perform in many, many years."

#### Sick and Tired of Being Tired?

Unwaking pain is far from the only thing people complain about these days. In fact, lack of energy is the number one reason people visit their doctors. Unfortunately, constantly feeling tired is often a by-product of our hectic, stressed-out, sleepless, poor diet lifestyles and whether people want to hear this or not, the remedy cannot be found within a coffee mug or a soft drink with heart attack levels of caffeine added.

Stimulants like caffeine accomplish nothing more than depleting our natural energy reserves because they stimulate stress hormones, which further eat away at natural energy. The end result is we become dependent on the temporary fix we consume the minute we consume them.

Instead, why not take something completely natural that can actually support the energy category? LeafSource contains the full array

of electrolytes (minerals that carry electrical charges), which will let your batteries—providing a constant source of electricity to living cells. A study presented in the journal *Physiotherapy Research* indicates that the 100 percent natural substance within LeafSource actually helps our cells produce more energy. In a very real sense, LeafSource energizes the body's cellular batteries, making you just plain feel better.

#### Strengthens Immune System

Forget all those so-called remedies for colds, flu and other viral outbreaks, because LeafSource contains specialized substances that aid in the development of a stronger immune system. University research studies have proven that LeafSource is excellent at supporting immune cells and building a healthy blood system, which is vital to overall good health. "I have witnessed too many older individuals who were constantly sick, suddenly get well and stay healthy by using LeafSource not to be completely convinced it works," said Rebecca Koning, a registered nurse and Director of Care at a leading retirement home.

**Improves Skin, Hair and Nails** Aside from reducing pain and inflammation, increasing energy levels naturally and helping to maintain a robust immune system, another benefit of this incredible discovery is it can help you maintain the health of your skin, hair and nails. It turns out, LeafSource also contains specialized nutrients that both improve and support the production of collagen, elastin and keratin, the main proteins required for beautiful skin, lustrous hair and strong nails. This is one of the reasons some of the top beauty salons carry this amazing beauty product used by its almost instantaneous beauty effects.

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Medical researchers—and the people who try it—are astounded by its health-enhancing benefits and how you will be too. LeafSource is one of those rare products that anyone and everyone could benefit from," says King. This is not yet another man-made product, but actually a discovery from the beautiful embrace of nature, organic plant materials found only one place on earth. Simply put, LeafSource combines the earth's bounty and modern science in one of the most unique, university tested and renewable 100% organic, vegan-friendly multipurpose health products available today.



interviewed by  
**Brad King, MS, MFFA**  
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